HOME SCIENCE GRADE 10
OPENER EXAM TERM 2, 2026
TIME: 2½ HOURS

NAME……ADM NO……

DATE…….SIGN……

INSTRUCTIONS TO CANDIDATES

1. ***This paper has THREE sections: A, B and C.***
2. ***Answer ALL questions in Sections A and B.***
3. ***Answer any TWO questions in Section C.***
4. ***Write your answers in the spaces provided after each question.***
5. ***All answers must be written in English.***
6. ***Candidates must ensure all pages are printed and no questions are missing.***

SECTION A: (30 MARKS)

Answer ALL questions in this section.

1(a) Name the SIX classes of nutrients required by the human body. **(3 marks)**

(b) State TWO functions of carbohydrates in the body. **(2 marks)**

(c) Give ONE food source and ONE deficiency disease for each of the following nutrients: **(4 marks)**

Nutrient	Food Source	Deficiency Disease
Vitamin C		
Iron		
Calcium		
Vitamin D		

(d) What is meant by the term "Basal Metabolic Rate" (BMR)? **(1 mark)**

2(a) List FOUR factors to consider when planning meals for a family. **(4 marks)**

(b) State THREE characteristics of a balanced diet. **(3 marks)**

(c) Give TWO reasons why breakfast is considered the most important meal of the day. **(2 marks)**

(d) What is a "vegetarian diet"? **(1 mark)**

3(a) distinguish between natural fibres and synthetic fibres. give two examples of each. **(4 marks)**

(b) State THREE properties of wool that make it suitable for making warm clothing. **(3 marks)**

(c) Identify the laundry care symbols described below: **(3 marks)**

Description of Symbol	Care Instruction Represented
A circle inside a square	
A triangle with a cross through it	
An iron with one dot inside it	

SECTION B: (40 MARKS)

Answer ALL questions in this section.

4(a) Name FOUR methods of cooking food and for each state ONE advantage. **(8 marks)**

Method of Cooking	Advantage

(b) Explain why some vitamins are lost during cooking and state TWO ways to minimise nutrient loss when preparing vegetables. **(4 marks)**

5(a) State FIVE rights of a consumer as recognised under consumer protection legislation. **(5 marks)**

(b) Explain the importance of a shopping list when purchasing food items for the family. **(3 marks)**

(c) Give TWO disadvantages of buying food on credit. **(2 marks)**

6(a) Outline FOUR factors to consider when choosing a house for a family. **(4 marks)**

(b) Describe the correct procedure for cleaning a wooden floor. Give FIVE steps in the correct order. **(5 marks)**

(c) Give ONE reason why adequate ventilation in a home is important for the health of the occupants. **(1 mark)**

7(a) Explain FOUR ways in which poor kitchen hygiene can lead to food poisoning. **(4 marks)**

(b) State FOUR methods of safe food storage and for each explain why it is effective. **(4 marks)**

Storage Method	Why It Is Effective

SECTION C:(30 Marks)

Answer any TWO questions from this section. Each question carries 15 marks.

8(a) Describe the nutritional needs of an expectant mother (pregnant woman), explaining why each nutrient is particularly important during pregnancy. Discuss FIVE nutrients. **(10 marks)**

(b) Outline FIVE general dietary guidelines that should be followed to maintain good health throughout a person's life. **(5 marks)**

9(a) A student has a white cotton school shirt that has grass stains and general dirt from a sports activity. Describe, in the correct sequence, the complete laundry process for this garment from sorting to storage. Your answer should include: sorting, soaking, washing, rinsing, drying, ironing and storage. **(10 marks)**

(b) Explain FIVE ways in which proper care of clothing can benefit the wearer economically and personally. **(5 marks)**

10(a) Describe FIVE common types of kitchen equipment, for each stating its use and ONE care/maintenance tip. **(10 marks)**

Equipment	Use	Care / Maintenance Tip

(b) State FIVE safety precautions that should be observed in the kitchen to prevent accidents. **(5 marks)**

END